

NOVEMBER/DECEMBER 2010

# SENIOR SPOTLIGHT

Westminster Senior Center  
8200 Westminster Blvd. Westminster, CA 92683  
(714) 895-2878  
[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

## *Join Us in November*

Join us for our annual  
*Thanksgiving Celebration*  
Thursday,  
November 18th  
*in the Dining Room*  
11:00 a.m.  
with entertainment by  
*Marina High Viking Choir*



Tickets:  
\$3.50 Donation

## *Celebrate the Holiday Season with us*



Tickets:  
\$4.00 Donation

You are invited to attend our  
*Holiday Party*  
Wednesday,  
December 15th  
*in the East/West Room*  
11:00 a.m.  
with entertainment by  
*Tony Odell Rogers*

\* Early Registration is a must as tickets sell quickly \*

## Westminster Senior Services Team

### MAYOR & CITY COUNCIL

MAYOR

**Margie L. Rice**

(714) 548-3183

MAYOR PRO TEM

**Frank G. Fry**

(714) 548-3179

COUNCIL MEMBER

**Tyler Diep**

(714) 548-3181

COUNCIL MEMBER

**Andy Quach**

(714) 548-3182

COUNCIL MEMBER

**Tri Ta**

(714) 548-3179

**DEPARTMENT LINE**

(714) 548-3240

### CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER

**Donald D. Lamm**

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

**Greg Johnson**

(714) 895-2860

ASSISTANT COMMUNITY SERVICES DIRECTOR

**Diana Dobbert**

(714) 548-3655



**The Senior Center Spotlight  
is now available on the City Website:**

[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

Go to Departments, Community Services, Senior Services

## Senior Center Staff

**(714) 895-2878**

**SENIOR SERVICES SUPERVISOR** Claire Hutchinson

**NUTRITIONIST** Maribel Avilez

**SECRETARY** Sherrie Machuga

**RECEPTIONIST** Ivy Gimondo

**CLERK TYPIST** Joy Williams

**TRANSPORTATION COORDINATOR** Bea Pratte

**VAN DRIVERS** John Conrekas, Bertha Lara  
and Clarey Mercer

**HEALTH CARE NURSE** Jane Hannah

**PROJECT S.H.U.E. DIRECTOR** Susana Delgado

**SENIOR CENTER INTERN** Amber Julian

## Commission on Aging

**CHAIR** Vince Agor (714) 897-6252

**COMMISSIONER** Nora Barajas (714) 893-3708

**COMMISSIONER** Phillip Hodgetts (714) 847-4165

**COMMISSIONER** Ginger Waugh-Borden (714) 897-4644

**COMMISSIONER** Owen Eames (714) 235-3407

**ALTERNATE** Erwin Vysma (714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

## From the Senior Center Supervisor

**H**oliday Greetings!

We have a lot of events taking place at the center over the next two months. Please join us for our Thanksgiving and Holiday Celebrations, as well as our Veteran's Day Lunch that includes an Ice Cream Social.

Just browse through this newsletter to catch up on all of our current activities and events.

Our goal is to provide the fin-

est services to all our seniors. During this time of year, I wish to express my gratitude to the staff and volunteers that make these services possible.

Have a wonderful holiday season and a very Happy New Year. Stay safe...I look forward to seeing you in 2011.



*Claire Hutchinson*



## Emergency Business & Telephone Numbers

<b>Emergency Number</b>	911
<b>Police</b>	(714) 893-3708
<b>Fire</b>	(714) 744-0400
<b>Elder-Abuse</b>	(800) 451-5155
<b>City Hall</b>	(714) 898-3311
<b>OCTA (ACCESS Van)</b>	(714) 560-5956
<b>Chamber of Commerce</b>	(714) 898-9648
<b>Library</b>	(714) 893-5057
<b>Medi-Cal</b>	(714) 841-7100
<b>Social Security</b>	(800) 772-1213
<b>Ombudsman</b>	(714) 479-0107
<b>Office on Aging</b>	(800) 510-2020
<b>Information Help Line</b>	211
<b>Traffic Information</b>	511

**Don't Miss !!!**  
**Mystery Box Drawing**  
*at our Holiday Party*



**\$200 VALUE**  
**Tickets sold at Front Desk**

## Mark your calendars:



- **Holiday Break**  
**December 24<sup>th</sup>, 2010**  
*thru January 2<sup>nd</sup>, 2011*



- **January 2011:**  
**Tax Preparation**

*Make your appointments early for  
free help starting in February*

♦ **January 12<sup>th</sup>, 2011**  
**California Telephone**  
**Access Program**



- *Join us for*  
**"Let's Make A Deal"**  
**January 19<sup>th</sup>,**  
**2011**

# SENIOR CENTER PROGRAMS

## SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and on Friday at 11:30 a.m. (every other Friday is 11:45 a.m.). We celebrate birthdays on the 4<sup>th</sup> Thursday of each month.

### Cost:

The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

## COMMODITIES



**Commodities Program** is held on the 2nd Wednesday of each month.

### November:

Wednesday, November 10th

### December:

Wednesday, December 8th

### Hours:

8:00-a.m.-11:00 a.m.

(or until food runs out)

### Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



## WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



## NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior center they can hop on the Shuttle if they need to run errands.

### SCHEDULE

Monday through Friday

#### Morning Pick-Ups:

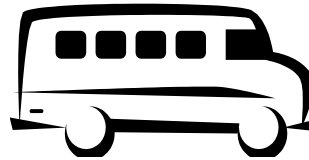
8:00 a.m. to 9:00 a.m.

from your home to the Senior Center.

#### Afternoon Returns:

12:30 p.m. & 2:30 p.m.

from the Senior Center to your home.



## SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

### NOTE:

**NO SHUTTLE SERVICE ON FRIDAYS**

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



**Transportation Coordinator**  
**Bea Pratte**

**WOW Questions?**  
Call (714) 895-2878  
ext. 3675

# SENIOR CENTER ACTIVITIES

## CLUBS & GROUPS



### BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



### CHESS CLUB

meets Tuesdays and Thursdays at 7:30 a.m.



**BUNCO** meets on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 12:30 p.m.



### CRAFT LADIES

meet on Thursdays at 9:00 a.m.



### MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



### DINNER GROUP

Meets the 3<sup>rd</sup> Wednesday of each month at a local restaurant.



**POOL ROOM** is open five days a week and new players are welcome.



### RED HAT SOCIETY

is a group of women who dress in purple and red. As a group, they go on trips and have dinner together. Their main purpose of meeting is to have fun.



### YARN SPINNERS

crochet and knit on Mondays, Wednesdays, and Fridays from 9:00 a.m.-11:30 a.m.



### NEEDLE WORK

meets Mondays at 9:00 a.m.



### MEXICAN TRAIN DOMINOS

meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at 12:30 p.m.



**SUDOKU** meets every Friday at 10:00 a.m.

## BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

### GAME TIMES:

**Mondays & Wednesdays**

12:45 p.m. - 2:30 p.m.

**Fridays**

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

## MOVIES

### NOVEMBER

*November 5<sup>th</sup>*

#### "Homeward Bound"

Michael J. Fox, Sally Field  
1 hour; 25 minutes  
Rated G (1993); Comedy

*November 12<sup>th</sup>*

#### "12 Angry Men"

Henry Fonda, Lee J. Cobb  
1 hour; 36 minutes  
Rated: NR (1957); Classic

*November 19<sup>th</sup>*

#### "An Old Fashioned Thanksgiving"

Jacqueline Bisset, Tatiana Maslany  
1 hour; 28 minutes  
Rated NR (2008); Drama



### DECEMBER

*December 3<sup>rd</sup>*

#### "How the Grinch Stole Christmas"

Jim Carrey, Taylor Momsen  
1 hour; 45 minutes  
Rated PG (2000); Comedy

*December 10<sup>th</sup>*

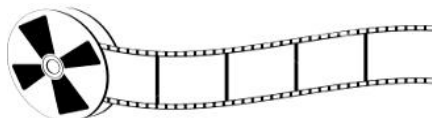
#### "The Shop Around The Corner"

James Stewart, Margaret Sullivan  
1 hour; 38 minutes  
Rated NR (1940); Classic

*December 17<sup>th</sup>*

#### "Four Christmases"

Reese Witherspoon, Vince Vaughn  
1 hour; 28 minutes  
Rated PG-13 (2008); Comedy



*Showing Fridays  
at 9:15 a.m.*





## SENIOR CENTER ACTIVITIES

### SPECIAL EVENTS

#### VETERAN'S DAY



Join us as we celebrate our veterans with Lunch and an Ice Cream Social!



**Date:**

Thursday  
November 11th

**Time:**

11:00 a.m.

**Place:**

Dining Room

**Entertainment:**

Jordan McBeen  
on piano

#### BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, and entertainment but the party will not start without **YOU!**



**Dates:**

Thursday,  
November 18<sup>th</sup>  
&

Thursday,  
December 9<sup>th</sup>

**Time:**

11:00 a.m.

**Place:**

Dining Room

**Cost:**

\$2.50

(November is \$3.50 due to Thanksgiving Celebration)

#### POOL TOURNAMENT



**DATE:**

MONDAY,  
NOVEMBER 15<sup>TH</sup>

**PLACE:**

FOUNTAIN VALLEY  
SENIOR CENTER  
LOCATED AT  
17967 BUSHARD ST.  
(AT THE CORNER OF  
BUSHARD & TALBERT)

**START TIME:**

9:00 A.M.

**END TIME:**

11:30 A.M.

SIGN UP  
IN POOL ROOM



#### ANOTHER FABULOUS MUSICAL REVIEW

*Helen Smith is back again this year with a new cast of performers!*

Join us as we enjoy the song and dance abilities of our seniors.

**Date:**

Thursday, December 9<sup>th</sup>  
(Birthday Lunch follows)

**Time:**

10:30 a.m.

**Place:**

Dining Room



#### It's that time of year again!

We invite you to participate in our Holiday Fundraiser by ordering your candy at a reduced rate.



Gift Certificates are also available.

Volunteers are available in the lobby from 9:00 a.m.-11:30 a.m. daily to take your orders through November 19th.

*Orders arrive around the 1st week in December.*



#### All Wrapped Up!

##### Gift Wrapping Event

Don't miss the event that will save you time and money!

Week of Dec 6<sup>th</sup>-Dec 10<sup>th</sup>  
9:00 a.m.-11:00 a.m.  
Senior Center Lobby

Cost: \$1.00 per gift

Includes: Gift wrap or bag, ribbon & gift tag.

**Don't Forget:**

**Christmas Cards are now 10 cents each**



# SENIOR CENTER SERVICES

## ONGOING SERVICES



### ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

#### When:

3<sup>rd</sup> Tuesday of every month

#### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



### BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

#### When:

Every Thursday

#### Time:

9:00 a.m. - 11:00 a.m.



### HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

#### When:

2<sup>nd</sup> Monday of every month

#### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



### LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

#### When:

1st Friday of every month

#### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



### PODIATRIST

**Dr. Nancy Hayata** provides foot screening and consultation.

#### When:

1st Friday of every other month.

#### Time:

Appointments begin at 11:30 a.m. and last 10 minutes.



### INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

## THANK YOU!



...for saving the UCP labels from the Campbell, Swanson, Pepperidge Farm & other Campbell products. With the 9,150 points, the Westminster Children's Library was able to get a Kids Game and a Space Exploration book. There is a collection box in the Westminster Senior Center Lobby.

*- Carol Collacott, the Campbell lady*

## FREE

### Haircuts & Manicures



Offered by the

### Asian American Beauty School

Date: Tuesday, December 7th

Time: 10:00 a.m. - 12:00 noon

*(First come; first served)*

#### Featuring

Makeovers by:

**Amy Hart** from



**Beginning at 8:30 a.m.**



## SENIOR CENTER SERVICES

### NURSE JANE HANNAH



Nurse Jane Hannah is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

#### UPCOMING HEALTH TALKS

NOVEMBER:  
Wednesday,  
November 3<sup>rd</sup>

11:00 a.m.  
in the Dining Room  
Topic: "Osteoporosis"



DECEMBER:  
Wednesday,  
December 1<sup>st</sup>

11:00 a.m.  
in the Dining Room  
Topic: "Depression"

#### FLU SHOT CLINIC



Wednesday,  
November 3<sup>rd</sup>

Room 3-4  
from 8:30 a.m. - 11:30 a.m.  
or while supplies last...

## ONGOING SUPPORT GROUPS

#### HEALTHY LIVING SUPPORT GROUP

Interested in feeling better  
and looking great?

Join our  
"Healthy Living"  
Support Group!

Healthy  
Living

On the 4<sup>th</sup> Monday of each month, retired teacher Nancy Sink, M.S.G. (Masters Degree in Gerontology), will engage you in finding ways to improve your health and well-being.

Dates: November 22<sup>nd</sup> & December 20<sup>th</sup>

Time: 10:00 a.m. - 11:30 a.m.

#### DIABETES EDUCATION & SUPPORT GROUP

NOVEMBER 2010

Wednesday, November 17<sup>th</sup>  
12:30 p.m. - 2:00 p.m.  
in Room 3-4

"Medications"  
with  
Pharmacist Bill Liu



DECEMBER 2010

Wednesday, December 15<sup>th</sup>  
12:30 p.m. - 2:00 p.m. in Room 3-4



"Diabetes Burnout"

- ♦ Why it is common
- ♦ Complications
- ♦ Burnout vs. Depression

Unless otherwise noted, all presentations are given by: **Jane Hannah, RN, PHN**

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.



## UPCOMING EVENTS

*Join us for a special three-day event:*

### Fall Silent Auction

Tuesday *through* Thursday  
November 16<sup>th</sup>-November 18<sup>th</sup>

**Time:**

**8:30 a.m. Tuesday**

**until 1:00 p.m. Thursday**

*(Closing Bell rings at 1:00 p.m. sharp)*



### Holiday Craft Fair

Join us for a week of handmade crafts  
for sale in our lobby.



Monday, November 29<sup>th</sup>  
through  
Friday, December 3<sup>rd</sup>

**Items include:**

Christmas crafts, glamorous gifts,  
crochet and knitted items,  
aprons, throws, kitchen items,  
pins, and much more!

**SENIOR CENTER LOBBY**  
**9:00 a.m.-1:00 p.m.**

### SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for  
drivers is taught by a trained instructor.  
Class meets for 8 hours over a 2-day period,  
from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members**  
**\$14 per person for non-members**

Pre-registration is required at the Front Desk.

Classes will be held on the following dates:

**December 2<sup>nd</sup> & 3<sup>rd</sup>**

**February 10<sup>th</sup> & 11<sup>th</sup>**



## SENIOR CENTER CLASSES

### COASTLINE COMMUNITY COLLEGE

#### Adult Fitness

A mildly aerobic chair/standing exercise that will stretch and strengthen muscle groups.

Day	Time	Instructor
Mon/Tue/Wed	10:00 a.m.- 12:00 noon	M. Masters

#### Beginning Adult Fitness

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.- 1:30 p.m.	M. Masters



#### Balance & Mobility

A preventive class for Seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.- 9:45 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184.

Pre-registration is advised. Fall Session begins August 30<sup>th</sup> and ends December 17<sup>th</sup>, 2010

## HUNTINGTON BEACH ADULT SCHOOL



#### Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:00 p.m.- 2:15 p.m.	V. Williams

#### Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

#### Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

#### Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

#### Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

#### Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

#### Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405.

Pre-Registration is advised. Fall Session begins September 1st and ends December 17<sup>th</sup>

## SENIOR CENTER

#### Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Tuesday	9:00 a.m.- 11:30 a.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

#### Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

#### Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	J. Ju
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

#### Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

\* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER \*

## SENIOR CENTER TRIPS

### DAY TRIPS

#### PALM SPRINGS FOLLIES

Wednesday, December 1<sup>st</sup>, 2010

This favorite is always a smash hit!

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$77.00



#### VALLEY VIEW CASINO

Tuesday, March 8<sup>th</sup>, 2011

\$15 in Slot Play upon arrival!

Depart: 8:00 a.m.

Cost: \$30.00



Return: 5:00 p.m.

#### PALA INDIAN CASINO

Wednesday, January 26<sup>th</sup>, 2011

Enjoy a fun day with \$5 in Slot Play!

Depart: 8:30 a.m.

Return: 5:00 p.m.

Cost: \$17.00



#### SOLVANG

w/Lunch at Anderson's Pea Soup

Thursday, February 10<sup>th</sup>, 2011

Lunch, great sightseeing, shopping & browsing.

Depart: 8:30 a.m.

Return: 6:30 p.m.

Cost: \$49.00

#### REAGAN LIBRARY/w Lunch Buffet

Tuesday, April 12<sup>th</sup>, 2011

Come see highlights of the life of our 40th President in this 153,000 sq. foot building with a docent tour. You will also get to visit "Air Force One" which will be on exhibit at that time. Lunch buffet included at the Reagan Library.

Sign up by March 15<sup>th</sup> at the Front Desk.

Depart: 8:00 a.m.

Return: 4:00 p.m.

Cost: \$59.00



### OVERNIGHT TRIPS

#### STATELINE SPECIAL at BUFFALO BILL'S

November 8<sup>th</sup>-9<sup>th</sup>, 2010-Waiting List Only

#### LAUGHLIN CHRISTMAS at the RIVERSIDE

December 5<sup>th</sup>-7<sup>th</sup>, 2010-Waiting List Only

#### PALACE STATION CASINO

in LAS VEGAS

January 16<sup>th</sup>-18<sup>th</sup>, 2011

(Sunday-Tuesday)

Package includes 3 free buffets, Palace Perk Funbook, Bingo at Hotel all day long, entertainment, & Deluxe Motor-coach Transportation. Location is 5 minutes from the Strip; shuttle available. *Please Note: Las Vegas trip based on non-smoking prices (extra charge for separate section smoking rooms)*

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$100 p/p double

\$130 single



#### LAUGHLIN - 4 DAYS + 3 NIGHTS!

at the RIVERSIDE

February 21<sup>st</sup>-24<sup>th</sup>, 2011

(Monday - Thursday)

Package includes:

2 free buffets, "Special Funbook",

trip to *Living Ghost Town of "Oatman."*

Depart: 8:00 a.m.

Return: 6:30 p.m.

Cost: \$124 p/p double

\$154 single



#### AVI RESORT & CASINO

March 29<sup>th</sup>-31<sup>st</sup>, 2011

(Tuesday-Thursday)

Package includes a \$5 food credit, side trip to Laughlin on Day 2 (optional), baggage handling & driver's tip.

Depart: 9:00 a.m.

Return: 6:00 p.m.

Cost: \$93 p/p double

\$105 single



## Senior Lunch Sites –November 2010

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<b>Hearty Vegetable Soup/Crackers</b> <b>Stir Fried Chicken</b> with Stir Fried Vegetables Steamed Rice Almond Jello Apple Juice	<b>Baked Lemon Fish</b> Au Gratin Potatoes Peas and Carrots Wheat Bread Melon	Tomato Rice Soup/Crackers <b>Baked Meatloaf w/gravy</b> Mashed Potatoes Whole Grain Roll Fruit Cup	<b>Meat Lasagna</b> Italian Blend Vegetables Caesar Salad w/Dressing Sourdough Roll Butterscotch Brownie Orange Juice	Corn Chowder Soup w/Crackers <b>Vegetarian Quiche</b> 4-Way Tossed Salad w/1000 Island Drsg Fruited Muffin Fresh Fruit
8	9	10	11	12
Lentil Soup w/ Crackers <b>Beef Pot Roast w/Gravy</b> Red Potatoes Broccoli Wheat Bread Tropical Fruit Mix	<b>Chicken w/Creamy Tarragon Sauce</b> Rice Pilaf Scandinavian Blend Vegetables Wheat Roll Seasonal Fresh Fruit	<b>Roast Beef w/Gravy</b> Scalloped Potatoes Peas and Carrots Parker House Roll Fruit Pie	<b>Veteran's Day!</b> Farmers Soup w/Crackers <b>Open Faced Hot Turkey Sandwich w/Gravy and Cranberry Sauce</b> Mashed Potatoes Wheat Bread Pineapple chunks	<b>Hamburger on Wheat Bun</b> Onion/ Lettuce/Tomato Potato Salad Cucumber Salad Oatmeal Raisin Cookie Cranberry Juice
15	16	17	18	19
<b>Baked Chicken Breast w/ Herb Sauce</b> Orzo Capri Blend Vegetables Wheat Roll Fresh Fruit	Egg Drop Soup w/Crackers <b>Sweet and Sour Pork On Rice</b> Broccoli/Cauliflower/ Carrots Lemon Bar	<b>Chili Con Carne</b> w/Onion/Shredded Cheese Garden Green Salad Buttermilk Ranch Dressing Cornbread Fresh Fruit	<b>Thanksgiving / B-day Celebration!</b> <b>Turkey w/Dressing</b> Mashed Potatoes w/Gravy Cranberry Sauce Green Beans w/Almond Slices, Wheat Roll Pumpkin Pie w/Whipped topping	<b>Stuffed Salmon w/Sauce</b> Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Chunky Fruit Salad
22	23	24	25	26
<b>Swiss Steak w/Gravy</b> Mashed Potatoes California Blend Veg. Wheat Bread Fresh Fruit Orange Juice	<b>Beef Hot Dog on Wheat Bun</b> w/Onion Macaroni Salad Coleslaw Brownie	<b>Thanksgiving Brunch!</b> <b>Cheese Omelet</b> Sausage Patty Potatoes O'Brien Croissant Fresh Melon	<b>Thanksgiving Day!</b> <b>Westminster Senior Center Closed</b>	<b>Day After Thanksgiving Westminster Senior Center Closed</b>
29	30			
Navy Bean Soup w/Crackers <b>Turkey Pot Roast w/Gravy</b> Mashed Potatoes Peas and Carrots Wheat Roll Sliced Peaches Cranberry Juice	<b>Breaded Fish w/Tartar Sauce</b> Rice Pilaf Broccoli Wheat Roll Fruited Gelatin			<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 – \$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.



Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat butterly spread served with bread and rolls